

NHS SEL Concepts Grade 5

CONCEPTS	Self Awareness	Self Management	Social Awareness	Relationship Skills	Responsible Decision-Making
	<p>Identifying and recognising emotions; recognising personal interests and strengths; maintaining a well-grounded sense of self-confidence</p>	<p>Regulating emotions to handle stress, control impulses, and motivating oneself to persevere in overcoming obstacles, setting and monitoring progress toward the achievement of personal and academic goals; expressing emotions appropriately</p>	<p>Being able to take the perspective of and empathise with others; recognising and appreciating individual and group similarities and differences</p>	<p>Establishing and maintaining healthy and rewarding relationships based on cooperation and resistance to inappropriate social pressure, preventing, managing, and constructively resolving interpersonal conflict; seeking help when needed</p>	<p>Making decisions based on a consideration of all relevant factors, including applicable ethical standards, safety concerns, and social norms; the likely consequences of taking alternative courses of action; evaluation and reflection</p>
<p>CLASSROOM APPLICATIONS</p>	<ul style="list-style-type: none"> • Goal setting • Self-assessments • Accountability • Quick writes • Life skills 	<ul style="list-style-type: none"> • Homework • Rubric grading • Morning list 	<ul style="list-style-type: none"> • Improv theatre arts • SAL • Coop-learning • Current 	<ul style="list-style-type: none"> • Group work • Cooperative learning • “Don’t Laugh At Me” 	<ul style="list-style-type: none"> • Cafeteria guidance • Playground / Homework finishing • Service learning

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CLASSROOM APPLICA- TIONS

- Modelling
- Challenge Yourself
- Appropriate Risk Tasking
- Advocating

- events
- Life skills
- Modelling

- Morning meeting

- Problem solving
- Life skills
- Modelling